

[54] **DEVICES FOR AIDING  
RESYNCHRONIZATION OF BODY CLOCKS**

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[57] **ABSTRACT**

A device for aiding resynchronization of a personal body clock of a traveller, said device comprising a first data series representing the personal body time of the traveller and a second data series representing a local time at the destination of the traveller. Both said data series include representations of twenty-four hours and are displaceable with respect to each other. The mutual displacement of the data series is carried out with reference to the time of the departure of the traveller and the duration of the journey of the traveller to give a readable display of a procedure to resynchronize the personal body clock of the traveller, the procedure comprising controlling exposure of the body of the traveller to daylight.

Certain embodiments of the device are electronic, and are in the form of a calculator or in the form of a program for a calculator or for a wrist watch.

15 Claims, 7 Drawing Sheets

